

| Meal Components     | Minimum Per Day              | Minimum Per Week | Notes                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------------|------------------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Milk                | 1 cup                        | 5 cups           | A minimum of two choices must be offered from: <ul style="list-style-type: none"> <li>Fat-free flavored and unflavored milks and/or</li> <li>Low-fat (1%) unflavored choices</li> </ul> Unflavored milk must be offered at every meal.                                                                                                                                                |
| Fruit               | 1 cup                        | 5 cups           | May be from a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount.<br>100% (full-strength) fruit and vegetable juices are creditable ounce-for-ounce but no more than half of the fruit offerings planned for both breakfast and lunch may be in the form of juice.<br>¼ cup of dried fruit credits as ½ cup fruit. |
| Vegetables          | <i>Optional at breakfast</i> | N/A              | Can be substituted for fruits, but the first two cups offered each week cannot be from the starchy vegetable subgroup (e.g. hash browns, tater tots).                                                                                                                                                                                                                                 |
| Meat/Meat Alternate | <i>Optional at breakfast</i> | N/A              | Can be substituted for grains after the minimum daily grain requirement is met (1 oz. M/MA = 1 oz. eq. grain).                                                                                                                                                                                                                                                                        |
| Grains              | 1 oz. eq.                    | 7 oz. eq.        | All grains offered must be whole grain or whole grain-rich.<br>Cooked cereals/grains should be listed in cups (e.g. oatmeal, grits).<br><a href="#">USDA's Whole Grain Rich Resource</a> provides information on how to credit grains.                                                                                                                                                |

**w sees see wei we everything Bree Daily amount based on the weekly average: 350-500 calories; sodium ≤ 485 mg; < 10% of total calories from saturated fat; 0 grams trans fat**

**INSTRUCTIONS:** Your menu template will be reviewed by a Registered Dietitian for adequate components and acceptable products.

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**Please send one of the following forms of documentation for each item that consists of 2 or more ingredients:**

- Recipe that includes the ingredients and ingredient amounts by weight and volume, serving size and total yield (numbnombs seeowiiis er of servings)
- USDA-Authorized CN Label (provide a digital photo or photocopy of the CN Label and the nutrition facts with ingredient list) or
- Product formulation statement on manufacturer’s letterhead that demonstrates how the processed product contributes to the meal pattern requirement and digital photo or photocopy of the product’s nutrition facts with ingredient list.

**For each grain item, send one of the following forms of documentation:**

- Digital photo or photocopy of the product’s ingredient list showing whole grain as the primary ingredient by weight
- Digital photo or photocopy of the food label showing the amount of whole grain in grams for the appropriate NSLP/SBP serving size or one of the FDA whole-grain health claims
- USDA-Authorized CN Label
- Product formulation statement on manufacturer letterhead or

Grades K-12 Breakfast Menu Planning Template-Five Day

October 2022

| Sponsor # | Sponsor            | Contact Name | Grade Group: <b>K-12</b><br><b>Week 1 (Oct 3-7)</b> |
|-----------|--------------------|--------------|-----------------------------------------------------|
|           | Academy Prep Tampa |              |                                                     |

| COMPONENTS ↓                                                                                                                     | MENU NAME →                       | Monday                  | Tuesday                    | Wednesday         | Thursday         | Friday                   |
|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------|----------------------------|-------------------|------------------|--------------------------|
| <b>Fruits</b><br><br>100% Juice<br><i>(no more than ½ of total fruit)</i><br><br>Daily minimum:<br>1 cup                         | Item                              | Whole Apples            | Pineapples                 | Mandarin Oranges  | Mixed Fruit      | Pineapples               |
|                                                                                                                                  | Portion in cups                   | 1 cup                   | 1 cup                      | 1 cup             | 1 cup            | 1 cup                    |
|                                                                                                                                  | 2 <sup>nd</sup> Item (If planned) | 100% Assorted Juice     |                            |                   |                  | 100% Assorted Juice      |
|                                                                                                                                  | Portion in cups                   | ½ cup                   |                            |                   |                  | ½ cup                    |
| <b>Grains</b><br><b>(2<sup>nd</sup> item may be M/MA)</b><br><br>Daily minimum:<br>1 oz. eq.<br><br>Weekly minimum:<br>7 oz. eq. | Item                              | WGR Cereal              | WGR Mini Confetti Pancakes | WGR Cinnamon Buns | WGR Mini Waffles | WGR Cereal               |
|                                                                                                                                  | Portion                           | 1 cup                   | 1 pack                     | 1                 | 1 pack           | 1 cup                    |
|                                                                                                                                  | Contribution (oz. eq.)            | WGR Animal Crackers 1oz | 2 oz.                      | 2 oz              | 2oz              | WGR Animal Crackers 1 oz |
|                                                                                                                                  | 2 <sup>nd</sup> Item (If planned) |                         |                            |                   |                  |                          |
|                                                                                                                                  | Portion                           |                         |                            |                   |                  |                          |
|                                                                                                                                  | Contribution (oz. eq.)            |                         |                            |                   |                  |                          |
| <b>Other Foods/ Condiments</b><br><br>(If planned)                                                                               | Item                              |                         |                            |                   |                  |                          |
|                                                                                                                                  | Portion size                      |                         |                            |                   |                  |                          |
|                                                                                                                                  | Item                              |                         |                            |                   |                  |                          |
|                                                                                                                                  | Portion size                      |                         | syrup 1 each               |                   | syrup 1 each     |                          |

**Daily Milk**

**White**

**Chocolate**

**Strawberry**

**Other (specify)**

|             |      |         |  |  |
|-------------|------|---------|--|--|
| Fat content | 100% | Fat Fee |  |  |
| Fluid oz.   | 8 oz | 8 oz    |  |  |

Grades K-12 Breakfast Menu Planning Template-Five Day

October 2022

| Sponsor # | Sponsor | Contact Name | Grade Group: <b>K-5</b>   |
|-----------|---------|--------------|---------------------------|
|           |         |              | <b>Week 2 (Oct 10-14)</b> |

| COMPONENTS ↓                                                                                                       | MENU NAME →                       | Monday                  | Tuesday                    | Wednesday               | Thursday         | Friday                   |
|--------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------|----------------------------|-------------------------|------------------|--------------------------|
| <b>Fruits</b><br>100% Juice<br><i>(no more than ½ of total fruit)</i><br>Daily minimum:<br>1 cup                   | Item                              | Whole Apples            | Fruit Cocktail             | Peaches                 | Pineapples       | Mandarin Oranges         |
|                                                                                                                    | Portion in cups                   | ½ cup                   | 1 cup                      | 1 cup                   | 1 cup            | ½ cup                    |
|                                                                                                                    | 2 <sup>nd</sup> Item (If planned) | 100% Assorted Juice     |                            |                         |                  | 100% Assorted Juice      |
|                                                                                                                    | Portion in cups                   | ½ cup                   |                            |                         |                  | ½ cup                    |
| <b>Grains</b><br>(2 <sup>nd</sup> item may be M/MA)<br>Daily minimum:<br>1 oz. eq.<br>Weekly minimum:<br>7 oz. eq. | Item                              | whole Grain Cereal      | WGR Mini Confetti Pancakes | WGR Cinnamon Buns       | WGR Mini Waffles | whole Grain Cereal       |
|                                                                                                                    | Portion                           | 1 cup                   | 1 pack                     | 1 cup                   | 1 pack           | 1 cup                    |
|                                                                                                                    | Contribution (oz. eq.)            | WGR Animal Crackers 1oz | 2 oz                       | WGR Animal Crackers 1oz | 2oz              | WGR Animal Crackers 1 oz |
|                                                                                                                    | 2 <sup>nd</sup> Item (If planned) |                         |                            |                         |                  |                          |
|                                                                                                                    | Portion                           |                         |                            |                         |                  |                          |
|                                                                                                                    | Contribution (oz. eq.)            |                         |                            |                         |                  |                          |
| <b>Other Foods/ Condiments</b><br>(If planned)                                                                     | Item                              |                         |                            |                         |                  |                          |
|                                                                                                                    | Portion size                      |                         |                            |                         |                  |                          |
|                                                                                                                    | Item                              |                         |                            |                         |                  |                          |
|                                                                                                                    | Portion size                      |                         | syrup 1 each               |                         | syrup 1 each     |                          |

| Daily Milk  | White | Chocolate | Strawberry | Other (specify) |
|-------------|-------|-----------|------------|-----------------|
| Fat content | 100%  | Fat Fee   |            |                 |
| Fluid oz.   | 8 oz  | 8 oz      |            |                 |

Grades K-12 Breakfast Menu Planning Template-Five Day

October 2022

| Sponsor # | Sponsor | Contact Name | Grade Group: <b>K-5</b><br>week 3 (Oct 17-21) |
|-----------|---------|--------------|-----------------------------------------------|
|           |         |              |                                               |

| COMPONENTS ↓                                                                                                               | MENU NAME →                       | Monday                  | Tuesday           | Wednesday         | Thursday         | Friday                   |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------|-------------------|-------------------|------------------|--------------------------|
| <b>Fruits</b><br><br>100% Juice<br><i>(no more than ½ of total fruit)</i><br><br>Daily minimum:<br>1 cup                   | Item                              | Whole Apples            | Mandarin Oranges  | Pears             | Pineapples       | Mandarin Oranges         |
|                                                                                                                            | Portion in cups                   | ½ cup                   | 1 cup             | 1 cup             | 1 cup            | ½ cup                    |
|                                                                                                                            | 2 <sup>nd</sup> Item (If planned) | 100% Assorted Juice     |                   |                   |                  | 100% Assorted Juice      |
|                                                                                                                            | Portion in cups                   | ½ cup                   |                   |                   |                  | ½ cup                    |
| <b>Grains</b><br>(2 <sup>nd</sup> item may be M/MA)<br><br>Daily minimum:<br>1 oz. eq.<br><br>Weekly minimum:<br>7 oz. eq. | Item                              | whole Grain Cereal      | WGR Mini Pancakes | WGR Cinnamon Buns | WGR Mini Waffles | whole Grain Cereal       |
|                                                                                                                            | Portion                           | 1 cup                   | 1 pack            | 1                 | 1 pack           | 1 cup                    |
|                                                                                                                            | Contribution (oz. eq.)            | WGR Animal Crackers 1oz | 2 oz              | 2 oz              | 2oz              | WGR Animal Crackers 1 oz |
|                                                                                                                            | 2 <sup>nd</sup> Item (If planned) |                         |                   |                   |                  |                          |
|                                                                                                                            | Portion                           |                         |                   |                   |                  |                          |
|                                                                                                                            | Contribution (oz. eq.)            |                         |                   |                   |                  |                          |
| <b>Other Foods/ Condiments</b><br><br>(If planned)                                                                         | Item                              |                         |                   |                   |                  |                          |
|                                                                                                                            | Portion size                      |                         |                   |                   |                  |                          |
|                                                                                                                            | Item                              |                         |                   |                   |                  |                          |
|                                                                                                                            | Portion size                      |                         | syrup 1 each      |                   | syrup 1 each     |                          |

**Daily Milk**

**White**

**Chocolate**

**Strawberry**

**Other (specify)**

|             |      |         |  |  |
|-------------|------|---------|--|--|
| Fat content | 100% | Fat Fee |  |  |
| Fluid oz.   | 8 oz | 8 oz    |  |  |

| Sponsor # | Sponsor | Contact Name | Grade |
|-----------|---------|--------------|-------|
|-----------|---------|--------------|-------|

| COMPONENTS ↓                                                                                                                     | MENU NAME →                       | Monday                  | Tuesday           | Wednesday         | Thursday         | Friday                   |
|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------|-------------------|-------------------|------------------|--------------------------|
| <b>Fruits</b><br><br>100% Juice<br><i>(no more than ½ of total fruit)</i><br><br>Daily minimum:<br>1 cup                         | Item                              | Whole Apples            | Diced Pears       | Peaches           | Pineapples       | Mandarin Oranges         |
|                                                                                                                                  | Portion in cups                   | ½ cup                   | 1 cup             | 1 cup             | 1 cup            | ½ cup                    |
|                                                                                                                                  | 2 <sup>nd</sup> Item (If planned) | 100% Assorted Juice     |                   |                   |                  | 100% Assorted Juice      |
|                                                                                                                                  | Portion in cups                   | ½ cup                   |                   |                   |                  | ½ cup                    |
| <b>Grains</b><br><b>(2<sup>nd</sup> item may be M/MA)</b><br><br>Daily minimum:<br>1 oz. eq.<br><br>Weekly minimum:<br>7 oz. eq. | Item                              | whole Grain Cereal      | WGR Mini Pancakes | WGR Cinnamon Buns | WGR Mini Waffles | whole Grain Cereal       |
|                                                                                                                                  | Portion                           | 1 cup                   | 1 pack            | 1                 | 1 pack           | 1 cup                    |
|                                                                                                                                  | Contribution (oz. eq.)            | WGR Animal Crackers 1oz | 2 oz              | 2 oz              | 2oz              | WGR Animal Crackers 1 oz |
|                                                                                                                                  | 2 <sup>nd</sup> Item (If planned) |                         |                   |                   |                  |                          |
|                                                                                                                                  | Portion                           |                         |                   |                   |                  |                          |
|                                                                                                                                  | Contribution (oz. eq.)            |                         |                   |                   |                  |                          |
| <b>Other Foods/ Condiments</b><br><br>(If planned)                                                                               | Item                              |                         |                   |                   |                  |                          |
|                                                                                                                                  | Portion size                      |                         |                   |                   |                  |                          |
|                                                                                                                                  | Item                              |                         |                   |                   |                  |                          |
|                                                                                                                                  | Portion size                      |                         | syrup 1 each      |                   | syrup 1 each     |                          |

**Daily Milk**

**White**

**Chocolate**

**Strawberry**

**Other (specify)**

|             |      |         |  |  |
|-------------|------|---------|--|--|
| Fat content | 100% | Fat Fee |  |  |
| Fluid oz.   | 8 oz | 8 oz    |  |  |

| Sponsor # | Sponsor | Contact Name |
|-----------|---------|--------------|
|-----------|---------|--------------|

Grades K-12 Breakfast Menu Planning Template-Five Day

October 2022

|  |                       |  |  |  |  |                                         |
|--|-----------------------|--|--|--|--|-----------------------------------------|
|  | Academy Prep Lakeland |  |  |  |  | <u>week 5</u><br><u>(Oct 31-Sept 4)</u> |
|--|-----------------------|--|--|--|--|-----------------------------------------|

| COMPONENTS ↓                                                                                                                     | MENU NAME →                       | Monday                   | Tuesday           | Wednesday         | Thursday         | Friday                   |
|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|--------------------------|-------------------|-------------------|------------------|--------------------------|
| <b>Fruits</b><br><br>100% Juice<br><i>(no more than ½ of total fruit)</i><br><br>Daily minimum:<br>1 cup                         | Item                              | Whole Apples             | Mandarin Oranges  | Peaches           | Pineapples       | Mandarin Oranges         |
|                                                                                                                                  | Portion in cups                   | ½ cup                    | 1 cup             | 1 cup             | 1 cup            | ½ cup                    |
|                                                                                                                                  | 2 <sup>nd</sup> Item (If planned) | 100% Assorted Juice      |                   |                   |                  | 100% Assorted Juice      |
|                                                                                                                                  | Portion in cups                   | ½ cup                    |                   |                   |                  | ½ cup                    |
| <b>Grains</b><br><b>(2<sup>nd</sup> item may be M/MA)</b><br><br>Daily minimum:<br>1 oz. eq.<br><br>Weekly minimum:<br>7 oz. eq. | Item                              | whole Grain Cereal       | WGR Mini Pancakes | WGR Cinnamon Buns | WGR Mini Waffles | whole Grain Cereal       |
|                                                                                                                                  | Portion                           | 1 cup                    | 1 pack            | 1                 | 1 pack           | 1 cup                    |
|                                                                                                                                  | Contribution (oz. eq.)            | WGR Animal Crackers 1 oz | 2 oz              | 2 oz              | 2oz              | WGR Animal Crackers 1 oz |
|                                                                                                                                  | 2 <sup>nd</sup> Item (If planned) |                          |                   |                   |                  |                          |
|                                                                                                                                  | Portion                           |                          |                   |                   |                  |                          |
|                                                                                                                                  | Contribution (oz. eq.)            |                          |                   |                   |                  |                          |
| <b>Other Foods/ Condiments</b><br><br>(If planned)                                                                               | Item                              |                          |                   |                   |                  |                          |
|                                                                                                                                  | Portion size                      |                          |                   |                   |                  |                          |
|                                                                                                                                  | Item                              |                          |                   |                   |                  |                          |
|                                                                                                                                  | Portion size                      |                          | syrup 1 each      |                   | syrup 1 each     |                          |

| Daily Milk  | White | Chocolate | Strawberry | Other (specify) |
|-------------|-------|-----------|------------|-----------------|
| Fat content | 100%  | Fat Fee   |            |                 |
| Fluid oz.   | 8 oz  | 8 oz      |            |                 |